



COMPASSION AT EVERY STEP



Quick Recap

Arthritis is common with age. With medical care, healthy habits, and support, you can manage discomfort and remain active and comfortable.

Edwin Manarang, RN
SPEAK WITH OUR TEAM

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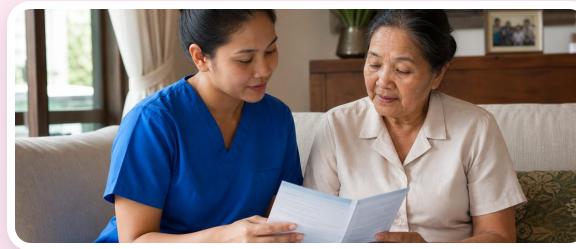
HOURS
9:00 AM to 5:00 PM

Contact us today for personalized care



Scan with your phone camera · tap the link.

This brochure is for informational purposes only—not a substitute for medical advice, diagnosis, or treatment. Consult your physician, nurse, or qualified health provider with any questions about your condition.



A warm welcome.

Steady habits and gentle support go a long way. This brochure walks you through what to know, what to watch for, and how we help at home.

“With the right support, daily life stays comfortable, independent, and full of the things you love.”

Inside this brochure

- What to know about your care
- Signs to watch for and when to call
- Habits that keep you strong and steady
- How to reach our team



Scan with your phone camera · tap the link.



COMPASSION AT EVERY STEP

Understanding Arthritis

Information for Older Adults



Gentle home care that helps you stay safe, comfortable, and independent at home.

A friendly guide for you and your family

DAILY CARE



● Tips at Home

Practical day-to-day tips to keep recovery on track and make your daily care safer at home.

Build a calm daily routine — meals, medications, rest, and gentle activity at the same times each day. Note any changes and share them with your healthcare providers.

- Take medicines as prescribed; do not stop anti-inflammatory or DMARDs without calling your doctor.
- Break tasks into smaller steps for dressing, meals, and housekeeping.
- Maintain a healthy weight; weight loss reduces joint load and can improve symptoms.
- Stay socially connected; isolation worsens chronic pain and mood.

WATCH CLOSELY



● What to Watch For

Knowing the signs early means quicker comfort and safer days.

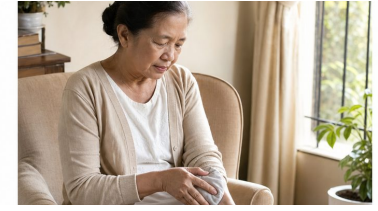
- Track which joints hurt, swell, or stiffen—and how many minutes each morning.
- Report new numbness, fever, or sudden inability to use a joint.
- Review assistive device fit and home hazards each season.

Good to know

- Arthritis affects joint lining and cartilage; symptoms vary person to person.
- Falls risk rises when knees and hips are stiff or weak.

When to call: Sudden pain, trouble breathing, high fever, or confusion — call your nurse or doctor. Call **911** for emergencies.

STAY STRONG



● Stay Strong & Steady

Wellness habits that keep you moving, balanced, and independent at home.

Small steps add up: one stretch, one balanced meal, or one short walk can brighten the whole day.

- Use calendars for medication and appointment reminders.
- Keep frequently used items at waist height to limit reaching and bending.
- Maintain healthy weight to reduce load on knees and hips.
- A daily 10-minute stretch keeps joints loose and steady.
- Stay positive—support from friends, family, and community helps.